March, 1986

Volume XVI Number 2

FREE

New Heliport Plans Anger, Surprise Hill Residents

By Larry Donohoe and Judy Baston

Just as Hill residents thought that plans to build a heliport near the neighborhood were only a memory, a new heliport plan - this time slated for Pier 54 - has reared its noisy head once again.

Nearly 100 concerned Potrero Ilill dwellers gathered Feb. 20 at a heated meeting sponsored by the St. Teresa's Chapter of the San Francisco Organizing Project (SFOP) to hear details of the new heliport proposal - and to express anger that once again a plan was well in the pipeline before the community had even been notified, let alone consulted.

Plans for the heliport have been in progress since last July, boosted by a committee of the San Francisco Chamber of Commerce. In fact, an article in the San Jose Mereury News, brandished angrily at the meeting by St. Teresa's Father Peter Summon, claimed the heliport was a fait accompli and scheduled to start soon.

A committee of Hill residents representing such groups as SFOP, the Potrero Hill League of Active Neighbors (PLAN), the Potrero Hill Neighborhood House, and local businesses along China Basin, asked a series of pointed questions about the noise, safety and general effects of the proposed heliport on the community.

Peter Firth of PLAN, a professional airline pilot, pointed out that the Federal Aviation Administration has fewer noise and safety controls on helicopters than on airclanes. He refuted the claim of heliport proponent John Kerby-Miller that Hill residents "wouldn't even know the heliport was there" by stressing that take-offs and landings of helicopters are even noisier than the flights.

Kerby-Miller asserted the heliport was necessary for the economic well-being of the city and a "job-maker." Where would the jobs be made, retorted SFOP's Nancy Jackson, expressing the fear of many that the heliport would enable large corporations to transfer even more jobs out of the city.

"I don't see a heliport in San Francisco serving the citizens of San Francisco. I see it serving the downtown business community," warned PLAN president Jim Firth.

Heliport proponents speak frequently of its need for medical and disaster relief.
"It's unlikely a disaster would occur in the immediate vicinity of Pier 54 - unless you caused it," answered Fr. Sammon to this claim.

Both Kerby-Miller and San Francisco Port Director Eugene Gartland were the target of questions from a number of people who were angered that months of planning had already taken place before the community had even been consulted. "You plan to put up a demonstration heliport even before we have a chance to express how

we feel," charged St. Teresa's Moira Jackson.

The plan calls for a six-month "trial" heliport at Pier 54, as well as hearings before the Planning Commission. According to Kerby-Miller's original timetable, both were set to start in March. Now he says the trial heliport will be delayed. Pointing out that the Board of Supervisors must approve any lease granted by the Port, Gartland said it "probably will have to be demonstrated at a hearing that even on a temporary basis, a heliport won't inconvenience the neighborhood. They will have to

demonstrate the need and show it's not offensive to the area."

Just how temporary would "temporary" be? Robert Katz from Telegraph Hill told the meeting that even though the lease has expired for the heliport that had been at Pier 43, it is continuing to operate. The City Attorney's office has not been able to force it out or make it cease operations, he said

Gartland said he had told Kerby-Miller to meet with neighborhood representatives as part of his campaign to push the heliport, and Kerby-Miller repeatedly attempted to answer questions addressed to Gartland during the evening. "Don't you have the

A CELEBRATION VELOX



Joyce Armstrong(left) conducted the Potrero Hill Neighborhood House Fashionettes in song during the Potrero Library's Celebration of Black Ilistory on l'ebruary 19. Librarian Joan Jackson (between the stacks) introduced the evening's guests, and Neighborhood House photographer Bob Hayes took a break to enjoy the show

Ruth Passen photo

same responsibility to Potrero Hill as you do to the Bank of America and the downtown interests? Fr. Sammon asked Gartland. "We feel that as a public servant <u>you</u> should be in contact with us."

Although participants in the meeting felt they received some minor assurances from Gartland about being kept abreast of the process, they will continue to organize for what they see as a continued battle against the proposed heliport.

A petition in opposition to the heliport has been launched and the next community meeting on the issue is scheduled for Thursday, March 20 at 7:30 p.m. at St. Teresa's School, 450 Connecticut St.

REMEMBER

Come to the 20th Street
Family Festival
March 9 1-5 p.m.

Rental Development Set for Synanon Site

By Delene Wolf

More than 75 Potrero Ilill residents met Feb. 19 at the Neighborhood House with representatives from Grosvenor Properties to hear plans for a prospective development on the old Synanon site at Kansas and 23rd Streets.

Now that the toxic waste has been removed and the necessary soil and water testing has been completed, construction can commence, said Grosvenor Executive Vice President Matt Taylor. A \$13 million tax-exempt bond has been issued to finance the project, and construction must begin in two to three years or the bond expires. Grosvenor is targeting a beginning date of July, and planning on completion in 14 months.

Taylor stressed that his firm wants this complex to be "part of the neigh-

borhood, and not a separate entity."
Ite maintained that they are hoping to incorporate the surrounding vistas, and presented a slide show demonstrating the opportunities and constraints of the site as well as some of the neighborhood's diversity. However, he also claimed that the expense of the toxic cleanup has created more of a burden on this property than any other on the Ilill, placing economic constraints on what is "feasible" to build.

In 1981, the City approved the construction of 132 condominium units at this site. The Planning Commission does, however, have discretionary power to approve a higher density. In order to have the development's income meet its projected costs, Grosvenor would much prefer to build as many as 150 units, he indicated. It was clear that Taylor was attempting to gauge just how much re-

sistance the firm would be likely to encounter from the neighbors should it opt for the higher number.

The original plan had called for leaving a five-story structure on the property; the new proposed plan would remove all existing structures, have two buildings of two to three stories with woodframe construction and Victorian character. It includes underground parking and an attempt to retain as much curbside parking as presently exists. The likely range of units would include about 36 studios; at least 90 one-bedroom units; 18 two-bedroom units and 12 "townhouses."

Rents would range from \$500 - \$1,000 with 20 percent of the units to be rented at below market rates. Federal requirements mandate that the units remain rentals for at least 10 years - until the subsidy bond matures - "affordability"

requirements lapse as well.

A show of hands demonstriced that most of the neighbors at the Feb. 19 meeting live within one tock of the project and have more than one car. Clearly the greatest concern was for sufficient parking.

Many expressed opposition to any possible increase in density, and worried about remaining dangers from toxicity. Several people expressed disappointment that the residents will be renters, as opposed to "owner-occupiers," although others were delighted that rental housing was being built that could help ameliorate the City's affordable housing crisis.

crisis.

Taylor promised to come back to the community "at least one more time, maybe more" before a public hearing is held at the Planning Commission in the Spring.



EDITORIALS

Cause for Celebration

At a time when the attention around the city is focusing on the loss of neighborhood businesses, the Potrero Hill community has cause for celebration this month: the Good Life Grocery is slated to reopen in March at its new location on 20th Street.

It was a little over a year ago that many on the Hill were convinced the community was going to lose this store, which has been valuable to us both for its wide selection of natural foods and fresh produce and for the involvement of its owners and employees in the events and needs of Potrero Hill.

The situation facing Good Life - when the building's new owners demanded huge rent increases the store could not meet - is being duplicated in every neighborhood in the city. Recent attention has focused on North Beach, where first a sausage factory, then a bakery, goes the way of soaring rents.

The need to do something about what is happening to San Francisco's neighborhoods, the need to halt the loss of one small business after another, has taken its place alongside Mom and apple pie in the San Francisco politician's list of homilies. But so far, all that we in the neighborhoods have see from the direction of City Hall, are conflicting proposals and rhetoric, as well-meaning and concerned as some Supervisors may be.

Although every neighborhood is facing similar situations, perhaps no community has been as galvanized by the issue as was Potrero Hill a year ago when the issue of the Good Life Grocery first surfaced. Hundreds of Hill residents, other merchants,, various groups and leaders such as Assemblyman Art Agnos all got into the act when it looked as if the Hill was going to lose a truly "neighborhood-serving" business. It was natural to do so, because this is, for the most part, a community for whom involvment is second nature.

This sort of involvement has been second nature for many Hill merchants as well, who donate time, goods and much personal energy to helping individuals in the neighborhood as well as to the many programs and efforts whose goal is to help keep the Hill a special place to live. What's happening this month is no exception. Even as Good Life's owners and friends are frantically painting and cleaning and putting up shelves to get their new location ready, they are joining with the Potrero Library to co-sponsor the March 9 Family Festival on 20th Street

Addressing the problems that face our city's neighborhood businesses will certainly take some decisive action from City Hall. But even more than that, it will take the sense of community that Potrero Hill has been able to show: merchant involvement with the neighborhood, and neighbors involved with the merchants. What's happening on 20th Street this month is both a result of and a tribute to that sense of community.



EDITOR: Ruth Passen

EDITORIAL BOARD: Vas Arnautoff, Judy Baston, Ruth $\mathbb{R}^{n} = \operatorname{en}$

MARCH STAFP: Joyce Armstrong, Arden Arnautoff, Vas Arnautoff, Judy Baston, Curtis Cavin, Karcn Connell, Rose Cassano, Janet Cox, Michael Dingle, Larry Donohoe, Bob Hayes, Larry Gonick, Abby Johnston, Denise Kessler, Ann Longknife, Winifred Mann, Stephanie Potter, Lester Zeidman, and special thanks to Joe.

Masthead Design by Giacomo Patri

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OUR READERS WRITE



Quality of Life

Editor:

In the February newsletter from the Potrero Boosters and Merchants Association Lorraine Yeoman finds it "a relief" that the Martin de Porres soup kitchen (23rd and Bryant Streets) is being evicted, and hopes that the kitchen will be relocated to a commercial or industrial area, with "adequate plumbing" for restrooms.

The implication in her column implies that it's much nicer to have the poor cleared off to industrial areas and swept out of sight.

The civilized and decent response would be to wish the De Porres could stay, and to want public toilets installed to service those who can't afford to eat in adequately plumbed restaurants.

When we begin to care about the poor around us, then we will truly care, as the Booster newsletter professes to do, about the quality of life in this city. Stephanie Potter

(EDITOR'S NOTE: View staff reporter Potter visited the Martin de Porres soup kitchen on assignment for a story in the February issue.)

Good Work

Rhode Island Street

Editor

Our students at Potrero Hill Middle School had very good grades. We are very proud of them. These are the students who made 3.5 points and above on their report cards: Maria Alvarez, Robert Serna, Tiffani Williams, Kim Loan Do, Lisa Lopez, Genny Kern, Min Han Lau, Alberto Ogoy, David Goussev, Sophae Ngin, Karina Bustos, Runell Canonizado, Mareo Reyes, Noa Shuval, Roberto Apodaca, Claudia Ayala, Farah Bustos, Rizaldy Jose Flores, Nancy Gonzalez, Melinda Phugli Luc, Monica Price, Ramon Ramirez, Emilia Teresa Rivas, Luz Betancourt, Luis Alfredo De Leon, Hazel Ebalo, Kan Sam David Ng, Mary Hellen, Joanne Greenwald, Syramany Ngin.



These are just some of the students who made good grades. We would like to congratulate them. Keep up the good work!

Tiffani Williams, 7th Grade Potrero Hill Middle School

(EDITOR'S NOTE: We add our congratulations!)

Inflated Place

Editora

We have lived in the same apartment since we moved to San Francisco six years ago. Since then, we have had a child, established support between our building neighbors, grown incredible thighs from climbing this hill every day, and built a "City" life for ourselves.

and built a "City" life for ourselves.
Recently, our building was sold for some astronomical amount of money (not reflecting the true repair) and one of the two new owners is planning to move into one of the units. They are well within their rights, and, legally, they can proceed with those plans. My anxiety is over the fact that our close friends and neighbors have thirty days to find new housing. It is going to cost almost double the rent they have been paying, and it won't be easy to even locate livable space in thirty days (in S.F.).

My other fear is, we might be next. Honest, reliable, prompt paying tenants for six years, yet we may be evicted. My middle class upbringing gives me a sore spot in my stomach over the word "eviction." That only happens to deadbeats, welfare families, other people! My awakening (how naive live been) has shown me that in reality, yes, anyone can be evicted. Even me. That's life in the big city. And the price I pay for such a "wonderful area."

If we are forced to move, we will leave San Francisco, maybe go to the suburbs, or farther. More commute, more money, but more space for it. I'm afraid this city costs too much money for a hard working middle class family. It takes a very rich, over-extended, over-inflated, over-loaned, setup to exist in such an inflated place as San Francisco.

Bitter? Just a little. Sad? Very much. Hopeful? Not really.

Potrero Hill Resident, But maybe not for long.

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LIBRARY NEWS POTRERO BRANCH 1616 20th St. 285-3022

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CHILDREN'S PROGRAMS

Pre-school Storytime, for ages 3-5; Tuesdays 10 a.m.; Wednesdays, 7 p.m.

Movies, Tues., March II; 10 a.m. for ages 3-5: "Faces," "Sunday Lark," & "Pierre." 3:30 p.m. for age 6 and up: "A Boy and a Boa," and "Sunday Lark."

BLOCK PARTY!

The 20th Street Family Festival will take place on Sunday, March 9, from 1 to 5 p.m. Sponsored by the Good Life Grocery Store, the Potrero Library and neighborhood merchants, the festival will welcome the Good Life to its new quarters at 1524 20th St., and will promote new services to be offered at the Library for Potrero Hill parents.

Family Festival events will be located on 20th between Missouri and Arkansas Streets. Music and entertainment by Potrero Ilill groups are planned, in addition to a free potluck feast, appearances by sports and entertainment figures, and Open Houses at the Library and the Good Life. Plan to come with your whole family, your friends and relatives, and, if possible, some food to share for the potluck.

HELP YOUR CHILDREN SUCCEED IN SCHOOL

Workshops for parents will begin Wed., March 12.

ATTENTION ARTISTS!

The Potrero Hill Artists Show will open Sat., April 26. Artists who have participated in previous shows will receive information soon by mail. Information can also be obtained by calling the Library at 285-3022. New artists are welcome and urged to participate in this traditional event.

Muni/BART Tix at Nabe

MUNI and BART riders can buy their tickets at the Neighborhood House, 953 De Haro St., Mondays through Fridays, during office hours of 10 a.m.

MUNI tickets for seniors and handicapped persons cost \$4.50 per month. BART tickets are sold to seniors, handicapped and children for \$12.0 per For more information call 826-8080.

REPORT FROM WASHINGTON

By Rep. Sala Burton

This budget is so unfair, so distorted in its priorities, that I could spend the entire day highlighting its most outrageous proposals. I will touch briefly on four items.

The middle class will find that this budget drops 1.3 million students from college financial aid programs, dashing the dreams of American parents and their children, and stunting the growth of this nation's future.

Budget cuts in school lunch and child nutrition programs come at a time when when evidence is building that millions of children live in poverty, going hungry every day,

Budget cuts will virtually end acquisition of new parkland, result in less frequent maintenance and thus accelerate deterioration of national parks, and hamper efforts to protect parks from outside threats of pollution and development Proposals to charge high fees for using the parks will limit access to those who can afford such fees.

In San Francisco, we have responded to the AIDS crisis swiftly and with all the resources at our disposal. But this is not just a local health problem; it is one only the federal government can respond to adequately. Yet this year's budget, while calling AIDS spending a "Priority

Program", in fact reduces spending by \$31 million from this year's level.

The new budget schedule established by Gramm-Rudman and the uncertainty caused by the recent court decision against the Gramm-Rudman trigger mechanism will make procedural determinations especially important this year.

It has become a familiar routine in Washington: around February 1, the President submits a budget that asks for huge increases in defense spending, devastating cuts in domestic programs, and no new revenue measures. And, despite a lot of rhetoric from the White House about reducing the deficit, the end result is always the same: the federal deficit has increased sharply every year Ronald Reagan has been President.

Congress has had to impose sanity on the budget priorities presented by the President, although we have been unable to reach agreement on effective deficitreducing measures. We will now be under mormous pressure, even if the Gramm-Rudman trigger mechanism is declared unconstitutional, to reach the deficitreduction targets in that bill. We will have an even greater responsibility this year to ensure that the priorities of the federal budget are an effective and humane use of federal funds.

WHAT WE LOSE MARCH 1

\$265 MILLION - TOTAL FEDERAL FUNDS FOR CALIFORNIA

\$85.4 MILLION - MEDICARE

\$29.9 MILLION - HIGHWAY FUNDS

\$12 MILLION - JOB TRAINING, CHILD CARE, YOUTH JOBS

\$48.3 MILLION - SEWAGE TREATMENT

(Delaying or eliminating critical improvements in San Francisco's sewer system)

· In The View

SUPERVISORS BY DISTRICT?

That was the headline over a story about a hearing at the Nabe on March 10, 1976 to discuss a possible Potrero Hill District. The hearing was part of an ongoing effort to place a proposal on the November ballot for election of Supervisors by district rather than at-large.

COMMUNITY GARDEN WINS GRANT

The community garden at San Bruno and 20th Streets received a Neighborhood Beautification grant of \$2,000. According to the VIEW story, the money would "...allow for the fence to be completed, a small greenhouse for plant reproduction, a space for tables and benches to enjoy the vista view, and a succulent garden display along with the large vegetable garden area."

The garden that year was the work of "over 160 students from Patrick Henry School and people living in the neighborhood."

MISCELLANEOUS

Parishioners of St. Teresa's collected money and canned goods for victims of the Guatemala earthquake... A group calling itself the "Busted, Disgusted, and Can't be Trusted Troupe" was presenting two week-ends of music, poetry, drama, and hootenanny at the Julian Theater in tribute to Woody Guthrie... Work by students of Hill artists Ruth Cravath and Charles Griffin Farr was exhibited at the library throughout the month of March...Gus Williams and Phil Smith of the Warriors presented trophies to the winners of the l4-year-olds and under basketball league at the Rec Cent-

INFLATION NOTE

From the March, 1976 VIEW Want Ads:

HOUSE FOR SALE, Pot. Hill, delightful 3 bd. home, skylights, new kitchen, fireplace & much more, \$72,000.

- Arden Arnautoff

Helping Your Children Learn

The first in a series of nine workshops to help parents aid their children's ability to learn will take place Wednesday, March 12 at the Potrero Library. The evening's program begins at 7p.m. and includes a presentation on what children learn in school and when they learn it. There will be a discussion about forthcoming workshops, and an "idea exchange" of things parents can start doing right away to help their children. A pot luck dinner will be served beginning at 6p.m. (Those attending should plan to bring food to share.)

Each week a different topic will be covered, and each workshop will be offered twice so people can come at the most convenient time. Among those leading workshops will be representatives of San Francisco State University; Community Alliance for Special Education; San Francisco Unified School District; Planned Parenthood; and the Reading and Language Development Clinic of the University of California, San Francisco. All events are free.

Child care, transportation, and trans-

lation assistance will be available; people needing these should call the Library at 285-3022 to request them. People can attend all workshops, or as many as they

Other services, including parent counseling and support activities, one-to-one tutoring in reading and other basic skills, and an extensive collection of books on parenting and education, will be offered as part of this project, which is sponsored by the Potrero Branch Library and Project Read, the Adult Literacy program of the San Francisco Public Lib-

The second workshop, "Helping Child-ren Improve Their Reading Skills" will be presented Tuesday, March 18 from 10 a.m. and repeated March 19 from 7-9 p.m. On Thursday, March 20, "Read-Aloud Workshops" are scheduled at 10 a.m. and 7 p.m. A film by Jim Trelease is tentatively scheduled to be a part of these workshops. Following a break during Spring vacation week, the workshops will resume the first week of April.

-Joan Jackson

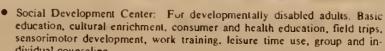
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Mission Bay Housing, Jobs Debate Heats Up

The strings attached to the "gift" of funds from developer Sunta Fe-Pacifie Realty to the City's Planning department to fund a study of the massive proposed Mission Bay development became a source of heated debate last month as the City, Santa Fe-Pacific and concerned community groups took a close look at where the study has gone so far - and where it will go in the future.

When the planning process - an unprecedented situation in which the City would hire consultants with Santa Fe-Pacific money - was announced, City Planning officials claimed they would

direct the planning process free of developer interference.

Now the first installment of money from Santa Fe-Pacific has run out, and the first phase of planning has come under increasing fire from groups concerned about creating as much affordable housing as possible on the site, as well as ensuring adequate open space and jobs that are targeted to the needs of San Fran-

A Planning Commission meeting Feb. 20 became the scene of heated discussion over reports that Santa Fe-Pacific would not pay for a second phase of study that

included scrutiny of an alternative projecting as many as 10,000 housing units. Initial agreements between the City and community groups promised such a study.

The developer's initial refusal to fund a study that would consider a "maximum housing" alternative caused City Planning Director Dean Macris to propose using city funds for evaluating such a plan. But many community representatives indicated strong opposition to this proposal and at Potrero View presstime, discussions were still taking place about the role of the developer in funding the next phase of planning.

residents, more are needed. Besides need-

must borrow tape recorders and will need

teers are needed especially to hetp trans-

cases of blank tapes. Also, more volun-

cribe the interview tapes. A computer

ing donations of money, the group atso-

This debate - which is focusing sharply on the questions of how much housing and what kind of jobs will be projected for Mission Bay - comes at a time when community groups have intensified their criticisms of the planning process so far.

A tetter to Macris last month from a number of community representatives who have been continuously involved in the planning process charged "lack of accountability by many consultants operating with little coordination from the City Planning team, and an absence of any guiding Objectives and Policies.

Neither "the spirit nor the letter of the agreement made between the Planning Dept. and members of the Mission Bay Ctearinghouse has been carried out at this time," the letter pointed out, adding that meetings were "structured to permit little discussion and sought no specific direction."

A series of City-sponsored public forums on the results of the Mission Bay study so far are tentatively planned for March.

-J.B.

Way To Preserve Hill Memories **Oral History Project:**

Potrero Hill has an interesting history -- from the meadowlands for which it was named and General Francisco Dellaro's ranch to its present growth and diversity. Most of this history is known and documented, but much more is in danger of being lost because it only exists in the memories of some Hill residents. Preserving this history is the goal of the Oral History Project, which is now under-

The project is the idea of Julie McCollum Gilden, who became especially interested in the Hill when she worked as publicist for the Julian Theatre several years ugo. A group of volunteers started meeting in January at the Potrero Library to begin work on the project. They plan to interview some of the oldest residents on the Hill, many of whom have lived here most of their lives, about their own lives and the things they have observed on the Hill and in San Francisco.

The interviews, along with a selection of photographs, will be put together in a book, which will be published and available to all.

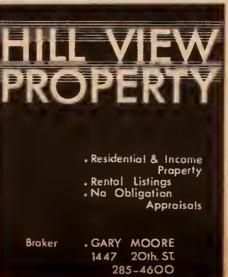
Much preliminary work had to take place before interviews could begin. The main task was to identify people to be interviewed. Working with the Neighborhand House, with various groups on the Hill and with individuals, volunteers have collected approximately 50 names, but hope ultimately to have 75 to 100 prospective interviewers. Volunteers have also developed a questionnaire so certain aspects about each interviewee's tife will be covered. Interviewing is scheduled to

McCarlain-Gilden conceived the idea for this project over several years. After studying the history of ethnic dances, she began to work with senior citizens and became interested in their histories.

It was at a conference on aging, at which others were talking about oral history, that the idea for the project came to her. "The Hill," she says, "is the per-fect place for an oral history since it hus many long-time residents and is so well defined geographically."

Atthough there have been contributions to the project by some merchants and

and word processor will be vital to work on the transcriptions. To help in any way, calt Joan Jackson at the Potrero Library at 285-3022 and leave your name.





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THANKS, WALT



Members of Walter Stack's Peak Busters gave him a special award on his retirement party Feb. 15, while wife Marcie (left of Stack) examines the proclamation.

Walt Stack, a running legend in his own time, got a good "roasting" when the club he helped found honored him on the occasion of his retirement as president of the 20 year old Dolphin South End Runners Club last month. The 78-year-old Stack began his running and fitness life in his mid-50s, spending many non-working hours with eabout 30 others who worked out in the Dolphin South End clubhouse and swam in the Bay at Aquatic Park. He stated a running regimen and interested enough DSE members into setting up a running group in the club and within its first year was elected president. Well aware that the new club was predominantly male oriented, Stack set about recruiting and encouraging women to run, and to join DSE. The Peak Busters, DSE women runners who have scaled the difficult Pike's Peak with Stack gave him an "Iron Balls Award" at the special event at Harmon Hall in the Presidio. "Walt has done a great deal for the DSE, but especially for the Peak Busters," said Carolyn Merrill, president of the women's group. "We'd do anything for him - run any race - whatever he'd want we'd help him out," she said. Other awards and honors heaped on him that night included a bronzed DSE bullhorn, and proclamations from local, state and national representatives. Mayor Dianne Feinstein also proclaimed Feb. 15, 1986 Walter Stack Day





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School 'Friends' Keep Pressure On

By Ruth Passen

Parent, community and teacher involvement in the education at the Potrero Hill Middle School (PHMS) have appeared to pay off recently. "Persistence and sincerity seldom go unrewarded," said Enola D. Maxwell after attending one of many Board of Education meetings. Maxwell, Executive Director of the Potrero Hill Neighborhood House (PHNH), and actively involved with the schools in the community, was assured by School Superintendent Carlos Cornejo at the Feb. 24 School Board meeting that the PHMS "will absolutely not be changed to a high school," a rumor that has been circling the Hill.

Yet, changes in class sizes, curriculum, and better minority staff representation - demands made by the Friends of Potrero Hill Middle School (FPHMS) have still to be met. So angry members of the community group continue to attend school board meetings to voice their disappointments and push to implement goals set out initially over a year ago when the group was formed.

Bit by bit, item by item, the downtown school administration has directed that some of the requested changes take place, but "it is the slowest train I've ever seen." one bitter parent told the

Community efforts did help bring about the court-ordered Consent Decree mandate at the PHMS, which emphasizes desegregation in student enrollment, as well as a racially balanced faculty.

With a Consent Decree budget of \$275, 000, "we have more counseling service and the Reading Lab started," Rodriguez points out. And "a Chinese teacher was hired," to work with the 50 newcomer Asian children assigned to the school in early February, he added.

The infusion of these additional non-English speaking students adds to the general frustration of attaining class size reduction in a school where a large student population is causing a shortage of classroom space.

Important plans to further implement the Consent Decree mandate will be discussed at the monthly FPHMS meeting on Thurs., March 20, 7 p.m., at the PHNH, 953 De Haro St. Members of the Board of Education will attend and answer questions.

Neighbor Opposition To Plan to Close Street

By Vas Arnautoff

The decision to close a street has Potrero Hill residents choosing sides between Starr King Park's Board of Directors and a resident whose home would be blocked from any vehicular access by the

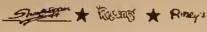
That's the situation at the park currently being developed on Carolina Street between 23rd and 25th Streets.

The street in question is Coral Road, a semicircular drive of some 100 yards

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within the park. From it Daniel Orlando has been able to drive to the back door of his house, which abuts the park boundary. Coral Road, paved and with a sidewalk, has never been accepted by the city and is the property of the trust under which Starr King Park operates.

Gary Weinberg, president of the park board, states that the decision to close the street was dictated by a number of factors. Paramount among them is the contention of the board, that despite persistent effort it cannot find liability insurance for accidents occurring on the thoroughfare. The park itself is covered, but one suit over an accident on the street "could kill the park," says Weinberg. In addition, the board president says, people have used the street to gain access to the back area of the park where they've dumped garbage.

Orlando, the beleaguered homeowner whose property fronts on the undeveloped segment of DeHaro Street at 24th, but

(Continued on page 13)

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Budget Cuts Threaten Youth Programs

By Judy Baston

Even with the federal Gramm-Rudman legislation still in constitutional limbo, statistics continue to pile up about possible casualties of the massive cutbacks that would be triggered by the bill.

One statistic hits especially close to home: \$1.7 million - some 50 percent of the budget - is expected to be cut from the Mayor's Summer Youth Program in San Francisco, a program in which Federal Job Training and Partnership Act funds are funneled through the city and agencies such as the Potrero Hill Neighborhood House.

Add to this two more statistics: If the cuts go through, the number of youngsters able to participate in this program at the Neighborhood House will be cut from the 160 who were involved last summer to no more that 90 this year. And for every one of those 160 who were accepted in the program last year, there were at least two applicants for whom there was no room, points out Neighborhood House Program Director Steve Harris-Barton. The program is designed for low-income youth considered "at risk" financially and socially.

The sum of piling statistic upon statistic is often far more than numbers. Hearing about program cutback after cutback often adds up to a growing sense of hopelessness, a feeling that with cuts so massive, what difference might one program make.

The answer to that question lies in looking behind the statistics, to the people who participate in the programs. Of a group of Potrero Hill young people who worked last year in the offices of the Internal Revenue Services through the Summer Youth Program, Barton stresses, "these were very different kids at the end of the summer from what they were at the beginning. They were wearing jackets and ties and some of them worked themselves into real, non-subsidized jobs be-

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cause of their involvement in the program."

Perhaps an even more dramatic example of the program's effects can be seen in the story of Rochelle Baxter. An unnarried, pregnant 16-year-old high school dropout when she participated in the Summer Youth Program five years ago, she is now a Staff Assistant to Senator Milton Marks, specializing in maritime concerns and acting as well as a liaison to youth and black constituency groups.

Baxter, who at 16 would certainly have been considered by many a "statistic" with little chance of success, emphasizes the Summer Youth Program "made a big difference. It's excellent to motivate youth; that's what most young people are lacking now."

The program channels young people into various kinds of jobs for 20 hours a week at \$3.50 an hour - last year working with computers in a hospital, in recreation centers, the Internal Revenue Service and the Neighborhood House itself. And it provides constant reminders about what is expected in the world of work: Calling in if you're going to be late or sick, getting to work on time, taking criticism in a non-hostile manner.

It is what might be called these intangrble factors of the program, as much as the specific job skills learned through it, that can spell the difference between success or failure if participants are able to land a job in today's economy.

Motivation and example are two of these key intangibles, Baxter recalls how

Peighborhood Ilouse Director Enola Maxwell "talked to us kids for a solid hour one day during the program, And when she talks, you sure listen."

Neighborhood House Secretary Ruth Passen, under whom Baxter was working that summer, "assigned me to tasks that I didn't think I could do, because I was feeling really unproductive at that time. But she kept on and I did them, and I realized I could."

Although living with her mother in Potrero Hill's public housing and on welfare for three months after her son Timothy was born, Baxter knew she had to get a job when Timothy's first Halloween passed and "he didn't have a costume and "I realized I couldn't afford to buy him one on a \$116 welfare payment every two weeks. She then took out loans and went to Heald Business College, securing a carcer clerical diploma in 1982.

"Immediately following the graduation ceremonies, I went to job interviews. Getting out there and looking is the only way to find anything."

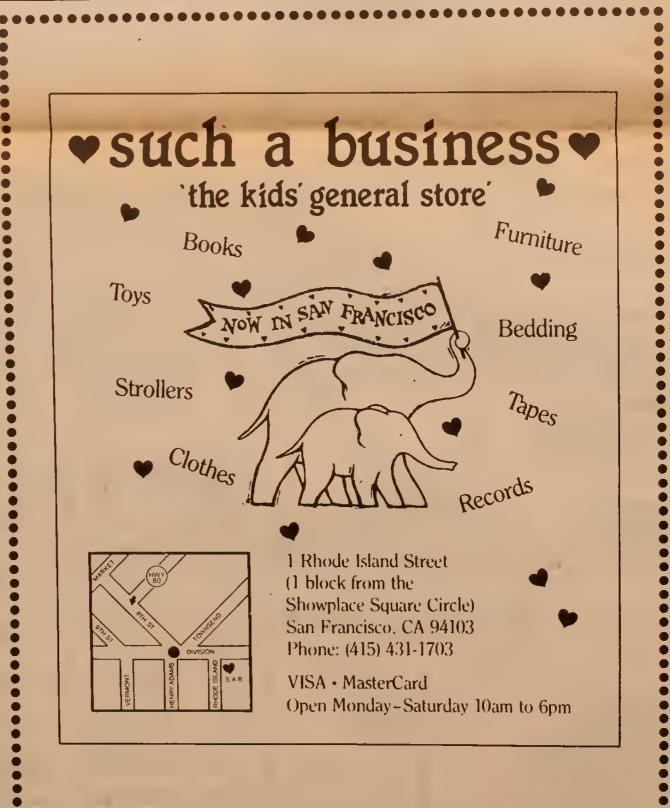
Baxter's goal is to "get even more involved with youth, to talk to unwed mothers and fathers. I have this feeling that I was put here purposely to help other people," she says.

And adds, "if they have hearings or something on those cuts they're proposing in the Summer Youth Program, I'll be the first one in line to testify. I can tell everyone how important that kind of motivation is."



Rochelle Baxter at her job in the office of Sen. Milton Marks.

Judy Baston photo



'Deer Rose'-Magic Effects

By Winifred Mann

"Deer Rose," a play with masks by
Tony Pellegrino, is now at Theatre Artaud
(450 Florida St. at 17th) through March 16.
With Pellegrino's evocative larger-thanlife masks, Emily Klion's splendid musical
score and the imaginative scenic effects
and costumes by Laurie Polster and Lydia
Tanji respectively, the show has enormous
visual and aural appeal, stirring the imagination as well as the emotions.

The plot, inspired by events in the author's own life, centers on a young artist's return home to care for his 60-year-old mother, dying of cancer. We sense his mixed feelings and share his frustration as he tries to cope with this chain smoking, fast food and TV junkie. As they examine old photographs and mementos together, Billy remembers his childhood and Rose, his mother, as she once was; independent, strong willed and quick tempered.

These flashback scenes are artfully played within a small proscenium upstage, behind a scrim, with other actors wearing other, younger, masks. Grownups are on stilts so that adult actors can represent a very small Billy. Other memories are projected in silhouette from time to time - accompanied by recorded dialogue. The effect is magical, even though these flashbacks often threaten to sink the magic in too much domestic detail.

Because it is not feasible to speak from inside the masks, Billy (Bill Gentner) and Rose (Jan Marie Baldwin) are each provided a speaker for their dialogue, standing off to one side, watching the action. At first it seemed that Laurie Amat's lovely young voice was inappropriate for

Billy at age three in "Deer Rose."



the aging and ailing Rose, but it very soon ceased to matter -especially when the speaking turned to singing. Both Amat and Barney Jones - a perfect voice for GD-year-old Billy - sing like angels. The

miming and the dialogue are flawlessly synchronized throughout, and in general the level of the performances is high.

A special mention must be made of the most stunning character, in both conception and performance — the silently beautiful figure of Reindeer (Jan Kirsch). With its brilliant head and partial body mask, the deer became a symbol for Billy's most loving image of his mother. In the final scene, Reindeer, soaring eerily on stilts, becomes a kind of benevolent Angel of Death. We leave with a feeling that somehow, both Billy and Rose have made peace with their past and moved closer together, even as they part forever.





Malcolm Dick (left) as Piet explains the intricacies of aloes to his friend (Peter Temple).

'Lesson from Aloes' Set March 6

Beginning March 6, the Julian Theatre Company will be presenting the Walnut Creek Civic Arts Repertory Company's production of Athol Fugard's acclaimed anti-apartheid play, "A Lesson From Aloes," directed by David Parr, at the historic Potrero Hill Neighborhood House, 953 De Haro St.

The play, set in Port Elizabeth in 1963 - two years after South Africa declared itself a republic - centers around a disillusioned liberal Afrikaner, his English South African wife, who is recovering from a nervous breakdown resulting from a police raid of their home; and their "colored" friend, a former political activist, now preparing to take his family to England on a one-way exit permit after being under virtual house arrest for sev-

eral years. The fears, guilt and desperation caused by the apartheid experience mark each of them as heroic but grievously wounded individuals.

Featured in the cast are Sandy Hilliard, Peter Temple and Malcolm Dick who is, himself, an expatriate Afrikaner from Port Elizabeth. Director David Parr has appeared in and directed many productions at the Julian.

Athol Fugard, a native-born South African, is internationally known for his many award-winning dramas that address the personal and political struggles taking place in the apartheid society.

Performances are from March 6 through March 23. Phone 647-8098 for ticket information.

Fratelli Bologna: In Over Their Heads

The latest Fratelli Bologna show, titled "Over Their Heads," now at Studio Eremos (499 Alabama St. at 17th) through March 23, contains an abundance of ingredients for successful farce, beginning with the four raucously uninhibited brothers themselves, together with their impersonations of an equally uninhibited quartet of females.

There are visual gags galore, some ingenious costumes, involving eye-boggling fast changes - including sex changes - and an inexhaustible supply of false noses, wigs, moustaches and more. Also on board are a working video camera and

four TV monitors. Yet, something is missing.

Set in a TV studio, with the real audience cast as the studio audience, the situation would seem a perfect set-up for a hilarious spoof of the TV industry. But what's missing is even the flimsiest central idea or story line, something to knit all the elements together and propel the action forward toward some kind of payoff.

Without such a lifeline, the unmotivated twists and turns appear contrived merely to lead into the next gag, while many rich veins of satire, like the Chekhovian parody and the audience partici-

pation bit remain unmined and unresolved

The probable source of the trouble can be found right there in the program, which credits a committee of five with authorship. The troupe's undeniable inventiveness can only be sharpened and enhanced by a more single-minded artistic control.

Finaly, speaking for more than half of the world's population, a plea: C'mon, guys, are we never going to be liberated from sophomoric mammary humor? Give us a break!

Phone for information: BUL-CRAP! (285-2727).



Food Bank Provides Tons of Food a Month

By Stephanie Potter

Its growth has been nothing short of phenomenal: From its beginnings only five years ago out of the back of a truck, the San Francisco Food Bank now operates out of a giant warehouse on Illinois Street and services more than 100 nonprofit agencies, including the Potrero Hill Neighborhood House.

But this growth has been no accident. Food Bank Director Bonnie MacGregor, who lives on Potrero Hill, is convinced that the Food Bank's expansion is largely a result of increasing numbers of people needing food. She pointed out that there has been no increase in food stamp benefits since President Carter left office, even though the cost of living continues to rise. "People all over the City are not making it to the end of the month," she

Hardest hit are people on fixed incomes such as seniors and the disabled. "Their budgets just don't stretch anymore," said MacGregor. But the working poor are also having a tough time. MacGregor explained that at \$3.50 an hour minimum wage, a person could be working full time and still not be able to support a family. Rents are high, she explained, and "San Francisco has the second highest food prices in the country."

MacGregor said that numerous food "pantries" have been springing up just to provide food, and agencies with other priorities, such as job training and day care centers, have been seeing more people coming in hungry. "These agencies are finding that they also need to provide food," she said.

Agencies can buy any item from the food bank at 12 cents a pound. The price is the same whether it's steak or potatoes, and the Food Bank raises half its income from these sales. Other money comes through donations from private individuals. family foundations and corporate foundations. MacGregor pointed out that "for every dollar donated, we can generate 10 meals. It's a very logical and basic thing to be doing.

According to MacGregor, every year the American food industry throws out 137 million tons of food, and she is convinced that the root of the hunger problem lies not in food shortages, but in distribution. "Society needs to do a lot more," she said. "If society wanted to take care of people, we would find a way. If we want to build missiles, we end up doing that instead. If the system won't redis-

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tribute food, it's up to the people who

More than 200,000 pounds a month passes through the Food Bank, and all of it is checked and sorted by a crew of over 30 volunteers working with a paid staff of seven. If the inside liner of a damaged box or the seal on a dented can is still intact, the item can be saved. Mislabeled items are re-labeled.

A tour of the warehouse takes in cartons of fettucini and Chinese cooking sauces piled on cases of canned tomatoes and chocolate soda pop. The visitor finds Perche No ice cream in the freezer, along with frozen beans and salami; and oranges, cheeses and See's candies in the cooler.

Surveying the stacks, MacGregor stressed, "Without the Food Bank, all this would've been thrown away. We sort through and save the food that's perfectly edible, and we only throw away what's rotten or unsafe."

The food comes from many sources. Giant food chains such as Safeway or Lucky's will donate damaged goods and items with expired pull dates. They also donate non-food items such as children's books, cleaning agents or light bulbs. Food processing companies and warehouses provide food that's been mislabeled, discolored, or overproduced. The Food Bank is also in touch with a number of food brokers. "They know ahead of time who's overproduced," said MacGregor.

Produce may also come directly from the fields in trade arrangements worked out with other food banks. Trades are always by the pound, MacGregor explained. "Once we got in a shipment of Bali bras and traded them pound for pound for

The volunteers, many of whom come from Potrero Hill, are trained to sort. They commit to a regular schedule, usually three hours a week, and receive "Thank you bags" of groceries in return for their services. "We get retired people and students from after school or summer youth programs. It's a good way to work into a routine for a job," said

"People can also help us by telling food companies about us," added MacGregor, 'and we can always use people with expertise in any warehouse operation: equipment repair, refrigeration, carpentry, electrical work, truck maintenance. Even advice is welcome."

Potrero Hill resident Wendy Tierman, who's been donating her computer skills for the last month said the work is help-

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Volunteers working in the Food Bank warehouse on Illinois Street.

Bob Hayes photo

ing her keep her skills up, and she likes being at the Food Bank. "I'm basically a good Jewish Mother," she said, "and l like feeding the world. They do a good

The City of San Francisco helps out by letting the Food Bank operate out of a Port Authority building and subsidizing the rent. Eventually MacGregor would like to see the Food Bank in a space large enough to house not only the present program, but also a bulk wholesale program so nonprofit agencies could get all their food at wholesale prices. "And enough space for a big community garden would also be nice," she added.











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before he leaves for a "gig" in Europe.

Welfare mothers between the ages of 16

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The Nuclear Freeze movement is combining skillets with politics in a cooking series dubbed "World Kitchen," running from mid-March through mid-April. Their aim is to offer classes in international cooking, contact new people, educate on the relationship between military expenditures and global food supplies - and raise money for the Freeze activities. Six local chefs will be teaching the sessions: Ed Brown, co-founder of Greens; Dixie Mahy of the Vegetarian Society; native-born North Indian chef Shanta Sacharoff; creole cooking expert Doris Hurd; pasta wizard Jack Krietzman; and Lisa lluggins. There are only 20 spaces in each class so reservations are important. Call 621-0858 for info on cost, etc.

"Forward-looking Strategies... A Woman's Place is in the Struggle for Peace, Equality and Development," is a one-day forum and cultural event celebrating International Women's Day, Sat., March 8, from 8:30 a.m. - 11:30 a.m. at the CEL Building, 1855 Folsom St., and from 12:30-10 p.m. at the Women's Building, 3543 18th St. in the City. United States delegates to the United Nations Nairobi Women's Conference will join with women of the Bay Area to address issues of women, work and family, and dialogues about the impact of militarism on women around the world. A music and dance program will end the day's events. For info call 431-7522/621-3870.

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Salvadoran and Guatemalan refugees will walk and caravan from Reno, Nevada to the Bay Area beginning March 16. The trek will end in San Francisco on March 23 in a 2 p.m. Mass at St. Peter's Church, 24th & Alabama Streets. The walk, sponsored by the Committee of Central American Refugees (CRECE), commemorates the sixth anniversary of the murder of Salvadoran Archbishop Oscar Romero. Along the route of the walk the refugee Central Americans will give personal testimony as to why they fled their countries of origin - openly risking arrest and possible deportation in order to publicize and denounce U.S. policy in Central America. It's possible to join the caravan when they assemble at 5th and Lincoln at 11:30 a.m. to walk to the Mission area church. For more information on the event, call 668-5576 or 763-5134.

While the rest of Northern California was really suffering from the swollen rivers, floods and rains, Channel 7 reported that during the heaviest of rains a couple of boulders had broken from the side of a property on Potrero Hill. Boulders?? On Potrero Hill?? Our investigative team scoured Vermont Street (the area reported on the TV news), but could find only a few big rocks broken away from a small incline. Who's feeding the news to our local stations?

"Women - For America, For the World," will be shown on March 12, 7:30 p.m. at the Neighborhood House, 953 De Haro St. This 28 minute documentary by East Bay Oscar-nominated filmmaker Vivienne Verdon-Roe features Joanne Woodward, Shirley Chisholm, Patricia Schroeder and 19 other prominent women who remind us that we can make a difference by taking an active part in ending the arms race. Special guest speaker of the evening is lan Thiermann, who made the document-ary "The Last Epidemic." "Women - For America, For the World" had its U.S. premiere in S.F. on Feb. 27, with actress Jane Alexander as guest speaker. Wine and cheese will be offered at 7 p.m. before the film is shown. Admission is free, but call 848-2095 or 282-8370 to reserve

Right on target - the Roxie Cinema is showing three films on the Philippines and Filipinos through Sun., March 2! They are "Celso and Cora," "Philippines: The Price of Power," and "Dollar a Day: 10¢ a Dance." The Roxie is at 3117 16th St.

The homeless get bolder: Found sound asleep on the front landing of an apartment house on Rhode Island, a young man curled up on discarded pillows left for the garbage collection. His snoring was disturbed and he moved on when the paid scavengers showed up. The pillows were left behind...maybe for the next night's street person?

Danny Glover as he appeared in the Julian Theatre's 1979 production of "Sugarmouth Sam Don't Dance No More." Allen Nomura photo

Film Fest

Winners from the Cannes, Venice and Moscow Festivals will be among the movies presented at the 29th Annual San Francisco International Film Festival, March 19-30. The oldest international film festival in the country, the 1986 event will feature in-person tributes to Academy Award winning Japanese director Akira Kurosawa, and a special program with locally acclaimed actor Danny Glover.

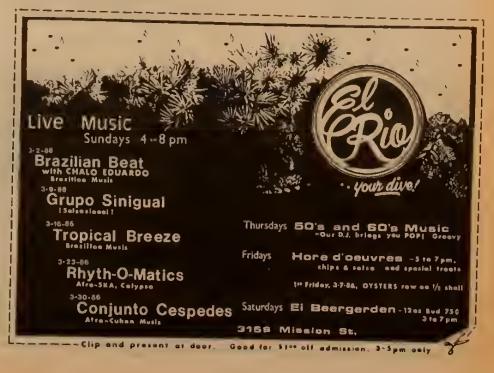
An Afternoon with Danny Glover, costar of "The Color Purple," headlines a Black Filmmakers Series Sunday, March 23, at 1:30 p.m. at the Palace of Fine Arts Theatre, with an opportunity to ask questions and have conversation with Glover, as well as viewing clips from some of his most successful movies.

A special Latin American series includes "Frida," a film about Mexico's famed artist Frida Kahlo, which shared the top prize at the 1985 Havana Film Festival. The film will show at the York Theatre, 1789 24th St., Thursday, March 27, at 8:30 p.m. The film's director, Paul Leduc will be honored at a party following the film at Galeria de la Raza, 2851 24th St.

With a tribute to jazz musicians, the festival opens its run Wednesday, March 19, at 6 p.m., with "Artie Shaw: Time is All You've Got," a look at the life, time and music of the legendary musician, who will also lead his orchestra in concert at the Palace of Fine Arts following the film.

"Jazz By The Bay" will be an afternoon of concert films, featuring "Stephane Grappelli: Live in San Francisco,"
produced and directed by Bay Area filmmakers. Also on this program will be
"Outside in Sight: The Music of United
Front," a portrait of the Bay Area jazz
ensemble. This program is on Sunday,
March 30, 4 p.m. in the Palace of Fine
Aris.

For update information on films to be shown, dates and theatres, call the Film Festival office, 543-3030.



Pocket Opera's Pippin Offers Rare Work

By Janet Cox

"There is a crying need for good, sensible, theatrical, musical and - when appropriate - amusing translations into English of operas that most Americans usually hear only in a foreign language. "declares longtime Potrero Hill resident Donald Pippin. And he should know - as the founder, music director, orchestrator, and pianist of San Francisco's own Pocket Opera.

"And if an opera is going to be in English, it has to be performed in a theatre that is reasonably small and where the acoustics are good. The orchestration has to be cooperative - you can't double the voices," he adds. "And, of course, the words have to be worth understanding.

Thus Pippin introduces the Pocket Opera's inspiration, goals, mission, philosophy, and ninth season, which opens in San Francisco on March 16 at Marines Memorial Theatre, 609 Sutter Street.

Its shorter East Bay series opened in Moraga in February, with highlights from Offenbach's "Orpheus in the Underworld" presented in the St. Mary's College Theatre after the power went out. After the audience had consumed the cheese, crackers, pate, and strawberries the company brought along for the post-performance party, Pippin sent out for candles and held the performance by candelight. "It was the first time we have made the newspaper under the weather wrap-up column," he beams.

This year's series is a typical Pocket Opera smorgasbord of little-known, raicly sung operas by the composer giants of the 19th century: Rossini"s Count Ory" and Offenbach's "The Princess of Trebizonde," mixed with some Handel, "Tesco" and "Alcina", some deathless crowd-pleasers, "Nozart's Marriage of Figaro" and "Cosi Fan Tutti," and some well-known operas that Pippin feels are too rarely experienced as drama when they are sung in the original incomprchensible Italian (Donizetti's "Lucia di Lammermoor") or Russian (Tchaikovsky's "Eugene Onegin"). And Pippin couldn't resist throwing in the Pocket Opera's revival double bill of Jerome Kern's "Oh, Boy!" with lyrics by P.G. Wodehouse, along with "Oh, Kay!" by George Gershwin and book by Wode-

Pippin describes English translation of opera librettos as "my major interest," and he has provided translations of all of this season's operas except for the Handel. The company always performs Handel in the original Italian, with spoken commentary by Pippin replacing the recitative, or narrative singing, in the original scores.

Pippin had been performing as a pianist in North Beach chamber music concerts for more than 25 years when he presented his first concert opera "production, "Mozart's "Bastien and Bastienne" - using his first translation - in

"It was really just two or three people holding scores and singing on a tiny state," he recalls. "There was little room for moving around." But after an almost inadvertent beginning, the operas "Invaded," and by 1979 the chamber music had been forced out completely. The performances began to be called Pocket Opera in 1977.

For many years Pippin's company performed at the Old Spaghetti Factory, and Pippin says many people still identify the Pocket Opera with the North Beach restaurant, even though they have been performing in other halls for seven years. This season's San Francisco home, the Marines Memorial Theatre, was Pippins favorite hall for the opera even before its recent refurbishing.

In the course of a 10 opera season, Pippin uses about 60 singers. Each opera us is a different cast, although singers do perform in more than one. The "Pocket Philharmonic" usually includes about eight instruments in addition to Pippin, who lays (iano, conducts onstage, and adds his famous commentary.

Pippin says a major problem is finding enough good parts for all the excellent singers whom he recruits, or who come to him hoping for a chance to perform with the Pocket Opera. Subordinate roles for women are especially hard to find,

"The Bay Area is a very rich reservoir for musical talent," he declares. "The San Francisco Opera Company has established this city as an opera mecca. There are good teachers, and good singers are attracted here and nurtured

Unfortunately, the Bay Area in recent years has not provided such inexhaustible funding for economically marginal institutions such as the Pocket Opera. A well-subscribed season pays only about 60 percent of costs, which last year totaled \$450,000.

Gifts from small family foundations, traditional major funding sources for operations such as Pippin's, have nearly disappeared since 1980. At the same time, small donations from individuals have increased from \$8,200 in the 1981-82 season to \$59,000 in 1984-85. In the main, the difference is made up by foundation grants but the company ended last season some \$70,000 in the red.



DONALD PIPPIN

Hoping to remain at a safe distance from the hard financial realities, Donald Pippin carries on, with stars in his eyes. Talking with him in the rather drafty, west-view dominated living room of the Potrero Hill house where he claims to have "survived 20 winters", it is easy to see how he revels in the personal discovery of a new libretto, as well as in the challenge and the achievement of making an English translation - like the original - interact with the score in the way the composer intended.

"One of the agonies for the translator," he continues, "is seeing how wonderfully the original words fit the music, like a glove. It seems like a hopeless task to try to do the same thing using other

"Finally, it can be done," he declares, "but not using a literal method. When you have figured out what is really happening in the opera you have to let your imagination take over."







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Mar. 26 Commando Sword in the Stone Mar. 27 Summer Rental Plenty

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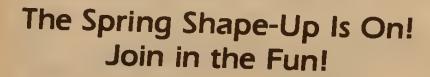
Black History Month was celebrated on Potrero Hill last month in a multitude of cultural activities: The Potrero Branch Library offered an evening of music, dance, speeches and readings on Feb. 19. Included on the program were excerpts from the dance/musical production "Legacy." (lower left - Ricky Nero, piano, and dancers Terry Petty and Amara Tabor); the Men's Chorus of Providence Baptist Church, with director Jessie Williams and Potrero Branch Librarian Ms. Bailey's piano accompaniment (upper right photo). And the ever-popular youth performers, the Fashionettes, appeared in an abbreviated version of their Annual Valentine's Day program which had been performed at the Neighborhood House on Feb. 16 (lower right photo).

Photos by Bob Hayes and Ruth Passen









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> Medical Notes <

Rely on Diet, Not Vitamin Supplements

By Jean-Luc Szpakowski, M.D.

I've been asked by one of my patients to comment on vitamin supplements. Should she take them?

First of all, let me clearly state that I find it paradoxical that the very people who quite often are in favor of natural foods are quite often the ones who advocate taking vitainin pills, many of which are synthetic. Not that everything synthetic is automatically either good or bao, or that natural things are good or bad simply by virtue of being natural. Natural old Jimson weed can

My own bias is towards a broadly balanced diet, which should provide not only all the known vitamins and minerals, but also probably other benefits that we haven't yet discovered and that aren't yet included in multivitamins. We're continuing to discover minerals that have unsuspected uses in the body, and we're discovering that the textures and substances of foods are important in ways we didn't realize 20 years ago. Fiber, for example, is the best example of a food that helps prevent both cancer and high cholesterol

If your diet is balanced, you're probably getting plenty of the essential vitamins and don't need more. (If you eat junk food at MacDonalds or Wendys.
rest assured that you're probably getting

Aid to Taxpayers

Free assistance in preparing income tax returns is now available to low income, senior citizens, non-Englishspeaking and handicapped taxpayers, through the California Franchise Tax Board, Potrero Hill Assemblyman Art Agnos has announced.

A list of the assistance centers can be obtained at the office of Assemblyman Agnos, 350 McAllister St, Room 1064, San Francisco, Ca 94102, or by calling 557-2253 on weekdays

Taxpayers will have the chance again this year to use their California income tax form to make a voluntary contribution to the California Seniors' Fund, as the result of legislation introduced by Agnos and which was passed by voter initiative in 1984.

Taxpayers can do this by using Line 89 of the California State Income Tax Form to "check-off" \$1 or more to help fund senior programs in the state.

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enough vitamins: the reason it's called junk food is that you are also getting enormous amounts of fat with which to lard your arteries.)

You may think you need more vitamins because you're under stress. However, the only kind of stress that causes you to need more vitamins is physical stress, as in major surgery or large burns. The stress of daily life in the late twentieth century of the American Empire takes its psychological and physical toll, but no one has ever shown you need more vitamins and minerals for it. Saying or insinuating that you do earns the drug companies a lot of money on high markup small items (which is why Safeway and the rest are stocking them more).

How much of each vitamin do you need? Generally the Recommended Dietary Allowances should be enough. These are set at the highest estimate of human need, increased by two standard deviations, or 30 percent, to cover at least 98 percent of all people. Generally (note the two major exceptions below) these are easily obtained by most people's diets. People argue about these limits. My own favorites are studies of Paleolithic man's diet, showing they ate far less fat than we do and eight times the RDA of vitamin C.

The two major exceptions are iron in some menstruating women, and calcium in many women and men. Otherwise, over-supplementing can lead to more trouble than help. The human body is a vast chemical stew, and adding too much of one ingredient can cause unsuspected side effects. Too much iron can impede zinc absorption; too much zinc impairs copper absorption. Too much zinc can also lower the HDL cholesterol, which protects against heart attacks,

Further, you can get a false security. How do you know it's the vitamin A and not the carrot that maybe - not definitely - protects you against cancer? One or two beers a day may help protect the heart - some people think it's due to something in the barley from which the nops come. This ingredient is not yet in your multivitamin pill.

All in all then, I think your money is better spent on good food than on yet more pills, though they be vitamins. If you use vitamins with much more than the RDA, please realize that you are ingesting powerful chemicals, and that they may interact in ways we do not understand with all the rest of the chemical stew we ingest, causing harm as well as



Spring is the Time for Color

By Justin Dwinell

With the sweet breath of spring in the air following the great winter storm of 1986, it's time to brighten up the garden and shake out the winter doldrums. Color is the magical key to excitement in the landscape. Vivid hues of yellows, oranges and reds contrasting with crisp whites and delicate pinks and blues are all available now at your garden center.

The varieties of plants best suited for instant color are calendulas, primroses, pansies, violas, marguerites, dianthus, azaleas and cyclamen. Planted in masses along borders or placed in containers in groups on decks and at entry doors, these plants create a delicious feast for the eyes.

Garden centers carry most of them in six-packs or four-inch containers ready for transplanting. In choosing the

plants, you should be aware that you can buy the six-pack for less money than the same number of four-inch plants, but the latter have a much more developed root system and a better chance of surviving transplant shock, benign neglect or a snail attack.

Six-pack plants take from six to eight weeks longer, under ideal growing conditions, to obtain the same maturity as the four-inch plants, but if you have the green thumb and patience required, you can obtain the desired result for onethird of the cost. If you don't have the time to spend with extra feeding, watering, and pest control, then you may want to choose the larger size. Marguerites and azaleas are best purchased in gallonsize, since they take a long time to mature for maximum blooms.

If you have a garden question or problem to share, write or see me at Potrero Gardens, 1201 17th St.

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Which Tax Form **Should Be Filed?**

The most important decision a taxpayer may make in connection with his 1985 income tax return is not when to file it, but what to file it on: long form or short.

That's the observation of Anton Jungherr, a San Francisco tax consultant. He adds that "it boils down to a choice between getting the job over with quickly, or taking the time to really get in there and dig for every break you're entitled to get."

Jungherr also cautions that the short form really isn't short anymore. "It gets longer and longer and thus harder to complete but still overlooks many of the tax saving opportunities that may be available to certain individuals.

He readily concedes that properly completing the long (1040) form is a difficult chore and requires, in addition to a great deal of patience, "a pretty firm handle on the do's and don'ts and the can's and can'ts of tax laws, rules and regulations. But, before deciding to scrap the idea as too difficult, look at some of the things you sacrifice if you opt for the short (1040A) form."

Jungherr lists a wide variety of taxpayer types who either shouldn't or must not use the short form:

- Those whose spouse itemized deductions separately on the long form.
- Anyone who paid or received alimony.
- Anyone who received income from self-employment and must file a Schedule C as a result.
- · Those whose documented charitable contributions exceeded limits allowed on the short form.
- Anyone who bought or sold a home last year.
- Anyone who moved in connection with taking up new employment.
- Those qualifying for the benefits of income averaging.
- Anyone with a tax credit of almost any kind.
- Those who paid any estimated tax in 1985.
- Anyone who is required to pay taxes because of such items as unreported tips, penalties for early IRA or Keogh Account withdrawals, or self employment tax.
- Any employee who has travel or transportation expenses not reimbursed. hy an employer.

"There's more, but this should be enough to make anyone think twice before reaching for the short form," declares Jungherr, whose Access Computer Service is licensed here by Triple Check Income Tax Service.

He adds that in the long run "turning to a tax professional for assistance in completing the long form generally makes good sense. You know, then, that every opportunity has been properly explored and the added savings more than likely will pay whatever fees are charged for the service and leave extra money in your pocket at the same time.'

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all there is to know about our new tax law? If not, you may lose a lot of tax saving opportunities by doing your own return this year. Why not let the Triple Check professionals do it for you? They know what the new law is all about.

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Street Closing Debate

(Continued from P.5)

whose house sits at the back of the lot. has made a number of offers to the park board. He has offered to construct without charge, wrought iron gates for both ends of Corat Road to which only he and the board would have keys. Thus he would maintain access, but general traffic would be barred. The offer was rejected, says Weinberg, because "we can't think of one reason that one person should have special privileges in a park owned by 17,000."

Orlando's offer to pay the cost of insurance for the road was dismissed bycause "the insurance is not available." as far as Ortando's access problem is concerned, says Weinberg, "He can construct an access up from Deltaro Street."

Orlando atso claims the City is witting to take over Corat Road and thereby assume the tiability problem. However, Tim Molinari of San Francisco's Streets and Highways Department states that no one has requested a city takeover and he is uncertain what the response would be if the request was forthcoming.

Further objections to the roads closure

come from Carotina Street resident John Boyer, who cites the serious parking problem in the area. "Teachers at Starr King Schoot are unhappy about that," he ctaims. In addition, potice and fire vehicleswould be blocked off.

Despite objections, however, bids for constructing barriers have been solicited and, according to Weinberg, "we should know in a couple of weeks" when the work wilt start.

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CALENDAR OF EVENTS

thru March: COMEDY MONTH AT THEATRE RHINOCEROS with a different bill

each weekend starting 3/1. 2926 16th St. 8pm. 861-5079.

thru Mar. 9: "Gardenia" by John Guare, Eureka Theatre, 2730 16th St. at Harrison. Call 558-9898,

thru Mar. 16: "DEER ROSE" - a play with masks by Tony Pellegrino at Theater Artaud. Thurs-Sun, 8:30pm. Pre-dinner shows Sat. 5pm. 621-7797.

thru Mar. 23: YOUNG PERPORMERS THEATRE opens its 4th season with "Charlie and the Chocolate Factory." Fri, 7:30pm; Sat. 11am & 1pm;

Sun. 1pm. Ft. Mason, Bldg. C, Rm 300. 346-5550 for info.

thru Mar. 24: EXHIBIT of pictures painted in Nicaragua by Anthony Holdsworth.

Casa De Cultura Nicaraguense, 3021 24th St. Gallery hours: Thurs &

Fri., 1-5pm; Sat & Sun, 1-6pm.

thru Nar. 29: "The Earthquake in Mexico: Tragedy and Hope" photo exhibit.
Galeria De La Raza, 2851 24th St. 826-8009.

Mar. 2: FILM/REVUE-music & biographical film of the late Malvina Reynolds. The Farm, 1499 Potrero. 8pm. 826-4290 for info. \$5.

Mar. 3, 10, 17
& 24:

"WOMEN AND MARXISM"—a course examining oppression of women from marxist perspective. New College Art Room, 777 Valencia.

6pm. 863-6968 for more info.

Mar. 4, 12, 18: LECTURE SERIES at SF Art Institute. Henry Wessel (3/4); William Eggleston (3/12); Judy Dater (3/18). 800 Chestnut St., 7:30pm.

Mar. 4 thru ENVIRONMENTAL INSTALLATIONS by Lisa Druckman. Twin Palms Apr. 1: Gallery, 44 Brannan St. 543-6251. Reception 3/4, 6-9pm.

Mar. 5: BROWN BAG LECTURE. The Fine Arts Movement in Photography by docent Aislinn Scofield. 555 Market St. Free. Noon.

Mar. 5: "FORUM '85: A WORLD MEETING FOR WOMEN"—slide presentation by Jody Timms. City College, Conlan Hall, Rm E101. 12-1pm.

Mar. 5,12,19 "CENTRAL AMERICA: THE DEMOCRATIC & ANTI-IMPERIALIST REVOLUTION," A course at New College, 777 Valencia St. 7:30pm.

Mar. 6: ROXY CINEMA 10th ANNIVERSARY PARTY. 16th Note, 3160 16th

St. 9pm. 621-1617.

Mar. 6-30: "UNDER THE GUN," a location play performed at an apartment in

the Haight (address given when making reservation). 824-1504.

Mar. 7 & 8: POOTLOOSE DANCE COMPANY performs at Centerspace in Project Artaud, 2840 Mariposa. 8:30pm. 648-2310 for res.

Mar. 7 & 8: Nancy Lyons Dance/Theatre, New Performance Gallery, 3153 17th St. Tickets \$8. Call 563-6287 for reservations.

Mar. 7-21: EXHIBITION: Paintings by Stuart Cameron Vance: Painted Wall Reliefs by Marshall Wyatt. Artists' Television Access Gallery, 220

8th St. Opening reception 3/7, 6-9pm. 431-8394 for info.

Nar. 8: CALIP. GENEALOGICAL SOCIETY's general membership meeting at Lurie Room, SF Public Library, Civic Center. 1:30pm. Public

invited. Free.

Mar. 8: THEATRE RHINOCEROS presents "Levitation" by Timothy Mason.

2926 16th St. Wed. thru Sun. 8:30pm. thru Apr. 12. 861-5079.

Mar. 10: LECTURE: "What did Steven Spielberg leave out of the film THE

COLOR PURPLE?" UCSF Toland IIall, 1pm. 476-5222 for info.

Mar. 11,13,15: AMERICAN HEART ASSN. sponsors "Heart to Heart" (3/11) at Kaiser Medical Center, 5th Flr., 2435 Geary Blvd. 10:00 a.m. Free. Seminar—Pinancial Planning (3/13), Bd. Rm., 421 Powell St., 9am-11:30am. Free. For res., 433-2273. Parents Por Heart (3/13) at Kaiser Clinic, 8th Flr. 2200 O'Farrell St, 7-9pm. Free. Heartsaver CPR Class (3/13 at Bahair Center, 170 Valencia St., 6pm; and

on 3/15 at 1525 Silver Ave., 9am. 468-1588 for res.

Mar. 13 & 27: CABLE TV POETRY READING SERIES at Poetry Center, SF State

Univ. Broadcast at 8pm. 469-1056/2227 for more info.

Mar. 14 - 29: Performance Installments at Intersection's new home, 766 Valencia St. Fridays & Saturdays with Frank Moore's The Ritual Cave, Tango Planet, and Bonnie Barnett and Friends. Call 626-ARTS for info.

Mar. 11-Apr. 19: EXHIBITION: Photographs & Videotapes., entitled "New Allegory" at S.F. Camerawork, 70 12th St. Reception 3/14, 7-9pm. 621-1001.

Mar. 12: PIRST IN A SERIES OP SIX COOKING CLASSES by Ed Brown, author of Tassajara Bread Book. Benefit for Nuclear Weapons Freeze. 13 Columbus St. 621-0858 for res.



Works painted on location In Nicaragua by Anthony Holdsworth are at the Nicaraguan Cultural Center gallery, 3021 24th St. through March 24. Phone 824-6292.

Mar. 14: MUSICAL—"March of the Paisettos" will begin performances on Fri. & Sat. eves for 9 weeks. Zephyr Theater, 25 Van Ness Ave. Tickets at STBS, BASS, or phone 893-2277.

Mar. 14-29: THEATRE RHINOCEROS presents Tennessee Williams (3 short acts), 2926 16th St. Curtain 10pm. 861-5079 for res. \$5.

Mar. 15: COMMUNITY MUSIC CENTER'S SP CONCERT CHORALE presents
"Music of the Americas" at 1st Unitarian Church, Pranklin & Geary,
8pm. For more info call 647-6015.

Mar. 16: FASHION EXHIBIT and reception with designer Christiane Caparros
Perker of Deux Pemmes. Footwork Studio, 3221 22nd St. 2pm.

Mar. 18: YOGA CLASS FOR SENIORS every Tues. for 6 weeks, 3-4:30pm.
Noe Valley Ministry, 1021 Sanchez. Pre-register at 626-7000.

10am-4pm. Wheelchair accessible.

Mar. 19: SENIOR RESOURCES presents Resources for Seniors. Grace Cathedral, 1011 Taylor St. Call 626-1638 for transportation information.

Mar. 19: 20-22; COLLEGE THEATRE, City College, presents "Dr. Geechee and the Blood Junkies," by Ed Bullins. Corner Phelan & Judson (near Ocean).

For info & res. call 239-3132.

Mar. 20 - EYE GALLERY 5TH ANNIV. MEMBER'S SHOW. 758 Valencia St..

Apr. 27: Reception 3/21, 7-10pm. 431-6911 for more info.

Mar. 21: "Marat/Sade," by Peter Weiss, co-directed by Michelle Truffaut and Michael Addison, Victoria Theatre, 16th & Mission Sts. Call 864-3305.

Mar. 21: "In the House of Blues," at Lorraine Hansberry Theatre in new Zephyr Theatre Complex. 25 Van Ness Ave. Runs thru April 27. Call for

Theatre Complex, 25 Van Ness Ave. Runs thru April 27. Call for info, 474-8800.

Mar. 22: "Baal," by Bertolt Brecht, at Victoria Theatre (see above).

Mar. 26-29: Previews of "The Cherry Orchard," by Anton Chekhov, directed by Oskar Eustis, at Eureka Theatre, 2730 16th St. Opens regular run

April 2.

Mar. 26-29: "Shatterhand Massacree-Riderless Horse," by John Jesurun, at New

Performance Gallery, 3153 17th St. Call 621-7797.

Mar. 27 thru

THE MENSTRUAL SHOW, a comedy revue. Studio Eremos, 401 Ala-

May 17: bama. For info call 474-3863.

Mar. 29: LENNY ANDERSON SINGS. Modern Times Books, 968 Valencia.

8pm. \$5. (members \$4)

Mar. 29: BENEPIT RECITAL for Footwork Studio. Soprano Donna McKay-Randozzi and Composer-pianist Ellis Schuman will perform. 8pm. First Unitarian Church., (Geary/Franklin).

Mar. 31: METAPHYSICAL ALLIANCE will hold A.L.D.S. Healing Service. 150 Eureka St. 6:30pm.







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CLEAN UP YOUR ACT!! Moving in or out? Having a party, or just need a weekly? Let us do your DIRTY WORK. Call for estimates; references available. 824-4449, or 285-5441.

CHILOCARE in my home (Potrero Hill), mother seeking to care for toddler full-time. Reference available. Contact Sana at 282-8795.

OFFICE SPACE: Beautiful sunny Victorian parlor - bay window, view, 18' x 22' in private home. Daytime use only. Call 626-0621 or 986-3440.

MIKE'S GAROEN SERVICE: Design, planting, maintenance. Now is the time to prune and prepare for a beautiful garden in the Spring. Good design and plant selection minimize maintenance. Free est. 282-3577.

GUITARIST NEEDS PRACTICE SPACE. Professional acoustic guitarist/recording artist seeks daytime room. I can help pay your rent. No electricity involved. References supplied. John 648-5423.

NEIGHBORHOOD HAULERS: Call us for all your hauling needs, including debris removal. We are fast, careful, honest, friendly and thorough. References. Call us today for an estimate without cost or commitment. Leave message with "Voice Express," 979-1659 for return call within 15 minutes. Please leave day & eve #'s, speak clearly, call anytime!

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425 - 2ND STREET SAN FRANCISCO, CA 94107

Katherine (K.D.) Sullivan

506 Kansas

San Francisco, CA 94107 (415) 621-0465

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VINTAGE CHEERLEADERS/HULA

OANCERS. Surprise personalized greetings for all occasions - birthdays, anniversaries, Bar Mitzvahs, retirements, etc. THE LAST HOO-RAHS: THE LAST HOOLAS. Call Ann. 641-4219.

AFFORDABLE COUNSELING is available to individuals, couples or families. If you feel stuck or in crisis, or perhaps that you are losing perspective and need professional help, I offer short-term, supportive goal-oriented approach for change. Fee is determined BY YOU, based on what you feel you can afford. Burt Kirson, licensed M.F.C.C.(#MN19546). For more information and appointments call 285-6019.

WOMEN CARPENTERS/PAINTERS: Inter-exter. Highly skilled 7 yrs experience. Free est. Small jobs o.k. Hourly rate or by the job. Call 285-8462.

OAY CARE available for two to five year old children. Cleo Wallace Childcare, call 282-6300.

EDITING, word processing, list management on pc compatible. Draft and near letter quality. Bring your disk or l'Il input. CAROL - 863-4294.

FOR SALE: 1976 Honda Wgn, MUST SEE, Nu tires/brakes, very clean. \$1500/bo. Call Mark, 285-7751 or 922-2803.

COMPLETE LANDSCAPING & GAROEN-ING: Oesign, installation, cleanup, maintenance. Expert pruning, patios, paths, rock gardens, decks & fountains. Consult. Free estimate. Call Estelle & Jorge at 285-5923.

THE ART OF CLEANING: Personalized cleaning service. Weekly, bi-monthly, monthly or one-time. Quality service since 1978. Call 641-8609.

CINLOCARE: Share in my home with daughter 1½. M-F, 8-5 p.m., \$350/mo. Potrero Hill. Call Kay at 826-5713 after 6:00 p.m.

GAROEN SPLENOOR, YOURS! Flowers and expert pruning, decks, fences, drip irrigation, create a new, totally new environment. Rob, 647-6121.

OESPERATELY SEEKING Studio/1 bedroom. Ideal fem. tenant; employed, responsible, quiet, non-smoker. To \$400. 621-1104.

AVAILABLE, SUBLET ROOM Potrero Hill, view & sunny. House privileges, kit/living/dining/fire places/washer/dryer/backyard. Great parking and bus transportation. Responsible persons need apply. \$400/mo. James, 647-2271.

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LUNCH MON.-FRI. 11:30-5:00 DINNER MON.-SAT 5:00-10:00



TAKE-OUT FOOD / CATERING MASTERCARD - VISA

\$. A \$ I M A K O P O U L O \$

GREEK CUISINE

288 CONNECTICUT AT 18th — PHONE 552-8789

IIANDY MAN SERVICE: Interior & exterior painting, minor repairs, plumbing, basement & yard cleaning, fence & roof repairs. Reasonable. Call 864-8445, extension 652.

SUZUKI PIANO LESSONS: Experienced instructor offers lessons for children. Patricia Elliott, 550-8299.

WORD PROCESSING - Tape transcription resumes/statistical/business/corresp/professional quality, 17 yrs exp. On Pot Ilill, Marilyn, 641-5317.

GUITAR LESSONS: Jazz, blues, rock, theory, improvisation, the works! Professional with 21 years' exp. Beginners welcome. Tom, 861-4721.

OOOR CARPENTER, locks repaired, deadbolts installed. Call Bill Delaney, 863-5566.

ELDERLY CARE, cook and/or clean. Day or night. Ref. Exp. 822-4896.



NEEO A COMPETENT, EXPERIENCEO ACUPUNCTURIST? Ph. 621-1144, Or. Yeh for Gynaecological, Insomnia, Impotence, Dizziness, loss of hearing, ear ringing, Hypertension, Arthritis, Asthma, Oiabetes, Sinusitis, Gastric Ulcer, Migraine, Lumbago, pains of all kinds.

SHARE LARGE FLAT with 2 adults and a 4 year old. 2 rooms available for \$300. Bilingual household, Japanese/English. Call 626-2993.

WILL MOVE OR HAUL anything from fine art to furniture. Large van, low rates. Call 585-6296.

CONGRATULATIONS ROB AND DAN-IEL! Bea Pixa picked the Garibaldi Cafe, at 1600 17th St. (at Wisconsin) as one of the top 20 restaurants she reviewed last year.

OESK, TYPING TABLE, bookcase, chair, typing chair. Sold separately or together. Call 621-7085 eves.

THE WELCOME MAT



Caribbean Foods
Healthfully
Prepared

1341 18TH STREET SAN FRANCISCO CA 94107 415 647 FOOD

PHONE IN . TAKE OUT CATERING

WURLITZER ELECTRONIC PIANO for sale. \$150 or c/o. Call Bob, 826-8080.

WORO OF MOUTH PAINTING: Let the brush do the talking. Patrick, 824-5210.

LOST/FOUND: Thanksgiving week-end, a canary. Contact M. Reeder, 826-9271. VOLUNTEERS NEEOED for afterschool study hall at the Potrero Hill Neighborhood llouse during Spring semester. llelp children with homework and study skills weekday afternoons. Call the "Nabe" at 826-8080.

OUT OF TOWN GUESTS? We have a large sunny room w/view and private buth, by day or week. Call 826-7610.

PROFESSIONAL TAX RETURN preparation. James Weil, C.P.A., appointments available, day, evening & weekends. Reasonable rates. Call 648-1180.

PHONEBANK COORDINATOR fulltime. Fundraising, supervise staff phoners. Committed to Cent. Am. solidarity work. Julie, CISPES, 486-1177. 3rd World applicants encouraged.

VOLUNTEERS NEEDEO for basic skills brushup project. Help parents brush up their basic reading, study & parenting skills. For info on training call 285-3022

WANTEO: 1-2 bdrm. apt, modern or artistic or charming, by quiet, responsible woman nonsmoker, no pets. 467-2421.



MARCH Birthdays:

J.S. Bach, Sharie Berliant, Vincent Caboara, Cesar Chavez, Pat Cleaver.
Rosalena Coopman-Rowe, Pat Oonohoe, Nanette Dorr, Jim Georgedes, Dorothy Goff, Oana Kreissman, Oella Lopipere, Sean O'Casey, Lefty O'Ooul, Steve Passin, Jody Purcell, Maribel Rodriguez, Max Runager, Carol & Rita Schwartz, Rachel White.

HAPPY ANNIVERSARY: Sam and Betty, Chuck and Rockie!!!

PERSONAL COACHING and FITNESS PROGRAMS

at your home, office or gym with sensitive, supportive coaches

Bana, 641-5996





MEDICARE PARTICIPATING PHYSICIANS
We Accept Assignment On All Medicare Patients